

# Dietary patterns and depressive symptoms among Iranian women

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## Abstract

We aimed to investigate the association between dietary patterns and depressive symptoms among 217 Iranian women aged 20–45 years. In this study, dietary intake was assessed using a valid and reliable semi-quantitative food frequency questionnaire. A principal component analysis was applied to detect the major dietary patterns. The Beck Depression Inventory was used to assess the depressive symptoms. Two major dietary patterns were identified: the “semi-Mediterranean” dietary pattern and the “western” dietary pattern. Participants with the “western” dietary pattern had a higher rate of depressive symptoms ( $p < 0.05$ ). However, the “semi-Mediterranean” dietary pattern had no significant association with the depressive symptoms.

## Keywords

depressive symptoms, factor analysis, western diet

## Introduction

The World Health Organization (WHO) has ranked depression as the fourth leading cause of disability worldwide and predicted that it will be the second leading cause by 2020 (Murray and Lopez, 1996).

The prevalence of depressive disorders is 3.3–21.4 percent and imposes a significant economic and health burden in both developed and developing countries (Kessler et al., 2007). In Iran, depression has the third highest rank of the disease burden. Depressive disorders ranked as the seventh and the second causes of the top 20 causes of disease burden for Iranian men and women, respectively (Montazeri et al., 2013; Naghavi et al., 2009). Some studies reported that depression is more prevalent in women than in men and it is the second major health problem

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